
240.50**Initial Nutrition Education Contacts**

Introduction The initial nutrition education contact is completed at the time of certification in a one-to-one setting.

Required topics The table below lists the required messages for initial nutrition education topics based on participant category.

Participant category	Required topic
All participants	The risk criteria that determined eligibility
All participants at first certification	The nutritional value of the supplemental foods they will receive from WIC
Pregnant women	Encouragement to breastfeed unless contraindicated for health reasons
Pregnant women and breastfeeding women	Written information about the dangers of using tobacco, alcohol and street drugs

Responsible personnel Any CPA can provide initial nutrition education contacts.

Initial contacts for high-risk participants If a licensed dietitian certifies the high-risk participant and writes the nutrition care plan, this contact meets the policy requirement for one individual contact by a licensed dietitian. The dietitian should determine the appropriate level of service for the second education contact (L.D. or another CPA) and schedule it accordingly.

If a non-L.D. CPA certifies the high-risk participant, this CPA can:

- Write the initial care plan identifying the participant as high-risk,
 - Provide nutrition education, and
 - Schedule a second education contact with a licensed dietitian.
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Use materials to reinforce messages WIC agencies are strongly encouraged to use appropriate print and audiovisual materials to reinforce the nutrition and health messages provided during initial nutrition education contacts.

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